

AMUSEMENTS.

BELASCO ROOF AT 8:30
COOLEST SPOT IN TOWN.
Opening of the
GARDEN OF MIRTH
By the
BEN GRETT CO.
In the Roaring Comedy.
The Palace of Truth
LADIES' SOUVENIRS TO-NIGHT.
Rapid Elevator Service.
MUSIC BY THE
MUSIC THEATRE.
IN CASE OF RAIN PERFORMANCE
GIVEN IN THEATRE.

COLUMBIA To-night
SPECIAL MAT. TO-DAY, 2:45
The COLUMBIA
PLAYERS IN
"MISS HOBBS"
MATINEES
THURS. and SAT.
2:50 & 5:00
No Phone Orders

ALL CARS TRANSFER TO THE
CASINO THEATRE
7th & F Sts.
Most Perfectly Fitted Theatre in America.
Wm. Morris-Vaudeville
AMERICA'S BEST PICTURE PLAYS.
Prices: EVENINGS, 100 AND 300.
From 1:30 p. m. to 5 p. m.
Performances: from 7:30 to 11 p. m.

BASEBALL
MORNING GAME
10 A. M. To-day—EVENING GAME
2 P. M.
Washington vs. Boston

MASONIC AUDITORIUM 13th & B Sts.
Every Eve. From 7:30 to 10:30
MOVING PICTURES
ALL SEATS, 10c. AND VAUDEVILLE
ALL SEATS, 10c.

Never a Day Without a Bath.

From the New Idea Woman's Magazine.
The importance of having proper water in which to bathe is second only to having pure water to drink. Never use hard water. If you value your peace of mind, as it is sure to dry your pretty skin and make it look like a piece of parchment.

Rain water, is of course, the ideal water to bathe in, but unfortunately it is not always available, so the next best thing is to use something which will soften the water. Borax and ammonia are used commonly to soften water, but I prefer to buy the ready-prepared mixtures put up by competent chemists. These preparations are sold in bottles which are ruled off in such a manner that you know exactly how much powder to use for a given quantity of water.

When you stop to think that the body has been two and three hundred thousand pores, and that each one of these little pores is kept busy exuding poisonous matter, you can see how disastrous it would be to one's general health should any of them become clogged and unable to perform their duty. Unhappy is the girl with hundreds of sluggish pores, as her skin will eventually be rough and yellow, and dotted with pimples and blackheads.

When a warm bath has been taken at night a plunge in tepid water next morning is all that is necessary. This morning dip in tepid water, aromatised or softened with tincture of benzoin or some fragrant toilet water, stimulates the skin and rouses dormant faculties. Try it to-morrow morning and see if you don't go down to the breakfast table feeling as bright as a lark.

Now, about that daily bath. Don't take an icy dip because your dearest friend says a cold plunge every morning makes her feel like a new woman. Perhaps your friend has more strength than she needs, and consumes it in this manner. But unless you are possessed of a superabundant vigor do not follow her example. The cold bath is too strenuous for the average woman.

Another black mark against the cold bath is that cold water cannot pretend to cleanse the skin. When your hands are grimy you never think of washing them in cold water. You call to your aid plenty of warm water and good soap, and in a trice your pretty hands are as white as milk. Cleanse your body in the same way and give those tens of thousands of pores a chance to do their work.

MORNING CHIT-CHAT.

TO-DAY is the Fourth of July.
(Please don't think I'm foolish enough to contribute that as a reminder—if there is any youth at all left in you, I know you don't need that—merely as an introduction.)

There has been much agitation, as you know, all over the country to bring about a "safe and sane" Fourth, minus all the wild delights of unrestricted noise that have characterized it for four generations. Remembering the days when I was not sure whether for pure, undiluted happiness I preferred Fourth of July or Christmas; remembering the delicious saving and planning for weeks beforehand to get together my little stock of noisemakers; remembering the excited expectancy of the night before when I went to bed almost before sunset, after having made plans with the little boy next door that whoever should wake first would wake the other by a firecracker underneath the window; remembering the sense of mystery and adventure with which I crept downstairs in the indescribable sweetness of the early morning, and hugged tight to my heart; remembering the firecrackers and slow match crackled sizzled, turned itself inside out, and thundered out its salute to the day; remembering all the dear powder-smelly, smutty-faced, grimy-handed joys of that long day—such a marvelously long day, too, as that early rising made it—I just haven't been able to persuade my pen to write a eulogy of the crusade for a noiseless Fourth.

And yet, on the other hand, remembering the lists of terrible accidents that I have read on the fifth of July; remembering the stories of lockjaw and maimed and lacerated little bodies, and, worst of all, the coming of lifelong darkness into young lives through this celebration, I have not dared to write against the crusade.

I willingly own that perhaps my feelings of reluctance in regard to the movement are childish and foolish, but however that may be, without trying to persuade you against the movement, please let me tell you today the middle course that I should like to see followed.

I should like to see the State or city prohibit the sale of the giant or cannon crackers that contain enough dynamite to be dangerous, and the toy pistols that are said to cause so much lockjaw. And if such laws could not be passed by the State or city, I think all parents should make these family laws.

Secondly, I think all mothers should see that the children were solely woolen clothes when engaged in noisemaking on the Fourth.

Thirdly, I think all fathers should give up the day or the noisemaking part of it—it comes but once a year, you know—to joining in the fun with the little folks and seeing that it is perfectly safe fun.

If you live in a noisemaking neighborhood, why not personally see that these rules are carried out in your family to-day. If you do, I don't believe you need fear that your family will contribute to the lists of casualties.

Any if everyone would personally see that these rules were carried out every Fourth, it seems to me that we might have both a safe and noisy Fourth of July.

But maybe that's impossible. I wonder.

OF INTEREST TO WOMEN.

FROM WOMAN'S POINT OF VIEW.

The season has arrived when one is justified in relaxing a bit in the routine order of life. It is the season for vacation and idleness, for a brief period, at least, the breathing spell in a year of labor, and it must be enjoyed to the utmost if one is to get any real value from it.

I hope that those who have summer homes will remember the thousands who are confined in city homes during the hot weather. Any of these could spend a week-end in a place within easy reaching distance of their business interests. It would be well to remember how much it would be to their advantage to receive an invitation that would mean a vacation without a money outlay—we are a bit selfish, you know, or perhaps only a little careless, but the result is the same.

Every one of us has friends who would appreciate hospitality in vacation time. Few of us would suffer in any way by being more considerate. Our accommodations may not be all we could wish, but the spirit of hospitality will cover a multitude of shortcomings. The most enjoyable guests I ever had were those who were pleased "to take pot luck," who rather than to be taken out of the class of formal guests and made a part of the family.

Taking a guest into the family does not mean that she shall share in disagreements of the unnecessary order. She is not to be an onlooker at squabbles or a referee in argument. She is to have the best of one's command, but does not expect to put the family to any discomfort. All this I have had the good fortune to do and doors hospitably ajar when I choose to enter the homes they guarded, and in only one case have I been made acquainted with the family skeleton or drawn into family quarrels.

It is such bad taste to disclose family secrets, even to intimate friends. We all have annoyances to bear, quite enough of a burden before the troubles of others are added. In which home would you rather visit—the one where the hostess presents a smiling face and a cordial manner or the one presided over by a long-faced woman hungering for a chance to unburden her woes? Two years ago I met a friend who so weighted me down with sorrowful confidence that I had to go to bed when I reached home. Last week I met the same woman at an entertainment, and she was delightful. She had dropped her gloom and did not pick it up again. Wise woman!

Legislatures and Milliners.

From the Millinery Trade Review.
The members of the legislative bodies in the States that have been regulating the size of women's hats, the length of their hat-pins, and the kind of plumage that she should wear on her hat, will appreciate the following from a Missouri milliner, who needs to be shown that men, especially legislators, have not lost that old-time gallantry that used to be accorded women and gentlemen:
"The men are always thinking about what we women wear. I don't think it's anybody's business, so long as our clothes and hats are modest. What do you suppose we are in business for? Styles must change in hat pins as well as they must in the hats themselves. If they remained the same the year around we would have to close up shop. I suppose they're a lot of old, sour bachelors, who haven't anything to do but waste the government's time. Always picking on the women. I never saw the like of it!"

What about the married men who support such measures? Cannot their wives regulate them?

New England Bean Salad.

Canned lima beans may be used, but the dry beans, soaked and cooked tender, give a better flavor. If the beans are very large cut them with a sharp knife in two or three pieces. Have an equal quantity of canned sweet corn, that is not "mushy," well drained, and chilled. Mix the beans with a good stiff mayonnaise or boiled dressing and put in a salad dish lined with crisp lettuce. Season the corn to taste with salt, white pepper, and paprika, and spread over the bean mixture. Heap a layer of dry whipped cream on top and serve. The whipped cream may be decorated with green peas or sliced deviled olives, like a birthday cake.

Banana Salad.

Peel and cut a banana in half lengthwise. Lay on a lettuce leaf, cover with mayonnaise dressing and sprinkle with finely chopped nuts.



In the many orations of to-day all over this broad land of ours, one subject, perhaps, will be mentioned more frequently and more forcibly than it has ever been before in Fourth of July speeches, and that is the question of woman suffrage. Woman has usually been gallantly referred to in the speeches of previous years as the inspiration of man's noblest deeds. But to-day the sentimental view of the situation is being side-tracked for an impartial and impersonal look at the rights of the case.

Never, perhaps, has woman suffrage been quite so prominently in the public eye in this country. Open-air and indoor meetings are being held. Automobile and wagon tours of various States are being planned, and it looks as if the question was to be thoroughly thrashed out both publicly and privately before many more months roll by.

On this, the day of the nation's birth, it is well for every woman and every man to think a bit of this new problem that is coming so prominently into public life. One should not be indifferent to it. It is a problem that must be settled one way or another, and it means much to the country's welfare that it be settled right.

Our nation is a big family, after all, and what is best for its welfare is best for the welfare of each individual in it. It is not, therefore, a question which a woman may think concerns only herself. It concerns all her brothers and sisters throughout this big land of ours. Leaving out all the technical questions involved, for these are secondary and can be worked out satisfactorily afterward, isn't a family happier and more completely developed when both the man and the woman share equally its responsibilities and management? Each has his separate work, but the planning, the

LATEST FASHIONS.



LADIES' SHIRTWAIST.

Paris Pattern No. 3211
All Seams Allowed.

The strap extensions of this stylish shirtwaist in combination with the trim gives it an unusually dressy appearance, although its construction is as simple as may be. It has a seamless back fitted by side plaits stitched down their entire distance, and the fullness between at the waistline arranged in gathers stayed on the under side. The fronts have a "Gibson" plait at the shoulder, then a group of narrow tucks and the right front buttons over on the left with strap extensions, beneath which the frill is attached. The neck is completed with a band and a turn-down detachable collar. The bishop sleeves are finished with strap wristbands. Linen, pongee, crush, terry, dimity, madras, cross-bar cambric, lawn, chambray, French flannel, ladies' cloth or tailor shirting may be used to develop this model to the best advantage. Hand embroidery braiding with coronation braid or washable soutache may be used to decorate. The pattern is cut in 6 sizes—22 to 42 inches bust measure. The 36 bust requires for this shirtwaist 2 1/2 yards of material 36 inches wide, with 1 yard of edging to trim, as illustrated.

Washington Herald Pattern Coupon.

Name.....
Address.....
Size desired.....

Fill out the numbered coupon and cut out pattern, and inclose, with 10 cents in stamps or coin, addressed to Pattern Department, The Washington Herald, Washington, D. C.

Cherry Pudding.

Butter a round quart mold and nearly fill it with fine, ripe, pitted cherries. Make a batter with four eggs, 1 1/4 cups of milk, one tablespoonful of salt and six tablespoonfuls of sifted flour (sifted after measuring). Beat all together until smooth and light, pour it over the cherries in the mold, put on a tight-fitting cover and boil the pudding for one hour and a half. If time is limited, make individual puddings in cups and steam for half an hour. Serve with liquid sauce, flavored with lemon or almond and made very sweet.

Escalloped Tomatoes.

Put in a brown jar one quart can of tomatoes, four tablespoonfuls of well mashed rice, four teaspoonfuls of sugar, one green pepper sliced fine, salt. Stir and add small pieces of butter. Bake rather slowly for one hour. Stir occasionally, so the rice will not settle at the bottom.

A draining rack for wet dishes, to be hung on one side of a dish pan, is a new convenience for the housewife.

HOW TO MAKE FAST COLOR.

Practical Method of Setting Dyes So as to Stand Usage.

From the Boston Herald.
With color used on most of the morning blouses that must stand hard wear, it is important to know how to hold it. No colored cottons should be laundered without first being set. This is most commonly done by soaking the article to be washed in strong salt water for an hour before laundering.

A sure method is to use sugar of lead for the setting. Dilute 5 cents' worth of it in a bucket of water and let the material soak in the solution for fifteen minutes.

A woman who has had much experience with testing colored goods for a department store says she gets the best results in setting color from the use of turpentine. She adds one tablespoonful of turpentine to eight quarts of water and lets the garments soak in it for a half hour. This should be done before laundering.

Besides the setting of color, it is important with uncertain shades, like lavender, blue, or green, to be careful not to rub rather than wash. Use a thick soap. Pink cotton materials usually fade less than other delicate tints. Dry in the shade. This is all important. No amount of "brightening" will endure the effects of hot sun. Do not use too hot an iron, as heat aids in fading delicate colors.

Culinary Hints.

French dressing, served with plain lettuce, is most attractive looking if seasoned with aprica, which gives it a rich coral color.

An egg that has not been boiled long enough can be quickly hardened by putting the egg cup containing it in boiling water. That improves the flavor.

A pleasant change from cream cheese is cheese flavored with pinolins. It can readily be set into balls, and the use of Cottage cheese must be eaten the day it is mixed in hot water, as it quickly sours. Double or whipped cream improves it.

Cut cucumbers in half lengthwise, peel and put in ice water unsalted for twenty minutes. Place flat side down on platter on which they are to be served, slice, keeping shape. Garnish with button radishes or larger ones cut into sections, or thin, round slices. Cover with thick French dressing.

Cucumbers are better to eat and look at if the rinds are cut in two lengthwise, hollowed, and filled with the mixture of shredded and mixed with French dressing.

Have you ever tried making French dressing over a big lump of ice? The ingredients are put in a bowl around the ice, and thoroughly mixed by lifting it up over the lump until it becomes a thick, chilled emulsion.

Strawberry Pudding.

Beat the yolks of four eggs very light with a cupful of powdered sugar; add a quart of sweet milk and a tablespoonful of melted butter. Beat in thoroughly a cupful of fine dried bread crumbs, and pour all into a buttered pudding dish. Set in the oven and bake until set. Remove to the door of the oven and spread over the top of the pudding a layer of ripe, sugared strawberries, and cover these with a meringue made of the whites of four eggs beaten with a half-cupful of sugar. Return to the oven to color light brown. Eat with powdered sugar and cream.

Tomatoes Stuffed with Nuts.

Quarter of a pound of bread crumbs, two heaping tablespoonfuls of finely chopped walnuts, a tablespoonful of melted butter, one teaspoonful of finely chopped onion, seasoning of salt and pepper. Round place from the top of the tomatoes, scoop out a part of the inside. Mix the crumbs and other ingredients together, and fill the tomatoes with this mixture. Sprinkle with bread crumbs and dot with pieces of butter and bake for twenty minutes.

With Berries.

Compote of gooseberries—top and tail one quart of gooseberries, which should not be very ripe. Make a pint of syrup, and when it boils put in the gooseberries, simmer until the fruit is nicely pulped and tender, without being broken; then dish the gooseberries on a glass dish, boil down the syrup for four minutes, pour over the gooseberries, and serve cold.

Walnut and Peach Salad.

Chop one pint of blanched English walnuts, then add to them one pint of cooked green peas, one large pepper, finely chopped, and seasoning of salt. Arrange on a bed of crisp lettuce leaves, dress with a mayonnaise or boiled dressing, garnish with fresh mint.

Self-colored striped materials are for summer wear.

VALUE OF FRESH AIR.

Perfect Physical Health to Be Acquired by Good Breathing.

From the Boston Herald.
Half the evils and ills of humanity could be cured if more people realized the value of fresh air.

It is the basis of all beauty and health, and the girl who is endeavoring to procure a lovely complexion by the use of face lotions will find fresh air twice as efficacious.

When insomnia has you in its grip try breathing deeply and regularly as you lay in bed, and you will be surprised how easily sleep will come.

Neurosis can be cured by forming the habit of breathing deep and long, and one medical authority prescribes it in his schedule for nervous women. All singers are invariably high-chested and free from colds or chronic coughing spells. It is because they have learned to breathe from the waist instead of the top of the lungs, as the majority of people do.

To breathe deeply is to stimulate the heart and the circulation.

It means a full, high chest and broad shoulders.

It means practical immunity from the dangers incurred by exposure.

It means a good carriage and well-poised head.

And, best of all, it means perfect physical health.

MENUS AND RECIPES.

TO-DAY'S MENU.

BREAKFAST.
Pineapple
Oatmeal, with Milk
Deviled Kidney Beans
Baked Potatoes
Buttered Toast
Coffee

DINNER.
Vermicelli Soup
Roast Beef
Yorkshire Pudding
Cauliflower
Cream Sauce
Lettuce and Bean Salad
Gingerbread Tart
Iced Coffee

SUPPER.
Fish Timbale
Potato Salad
Bavarian Charlotte Russe
Fruit
Iced Coffee

Recipes.

Potato Salad—Pare and boil four good-sized potatoes. Cut them into slices and add one onion, cut as thin as possible. Put into a bowl one-half of a teaspoonful of salt, add a tablespoonful of pepper, and then one tablespoonful of olive oil. Rub with a wooden spoon until the salt is dissolved; then add another tablespoonful of oil; mix; add two more, and then two of vinegar, little at a time; until the whole looks white and is well blended. Pour this over the potatoes while they are hot, dish them, sprinkle with chopped parsley, and stand aside until cold.

Iced Coffee—Iced coffee, as usually served in New York cafes, is simply black coffee cooled in a china freezer by having slightly salted ice packed around it. But a sirup is sometimes made in the proportions of three-quarters of a cupful of sugar to one-quarter of a cupful of water. When this sirup is threaded, add it to one quart of black coffee, with one pint of milk and one-half of a cupful of cream. Mix well and cool as above. Again, it is served in sherbet glasses. Dissolve one and one-half cupfuls of sugar in one quart of black coffee and cool. Add one quart of cream, and put in the freezer. As the ice forms on the side of the cylinder (it should not be stirred, shaken, or stirred), sufficiently frapped, serve in the glasses.

Novelities for the Hostess.

Smart florists now have a pretty trick of covering the pot with moss when growing flowers are sent as a gift. The moss is grown on the earthen surface, and, if watered, will last for some time, making it possible to use the flowering plant as a centerpiece without a jardiniere or pot cover.

Another novelty for the table is candy in the form of very realistic looking bunches of grapes. The grapes, which are the edible parts, are mounted upon an artificial stem, also very natural looking, with green grape leaves attached. Each candy grape is covered with waxed paper, so thin that it is practically invisible. This keeps the soft candy dust-proof and otherwise intact until it is to be eaten. The grapes come in three shades, representing the Malaga, Concord, and Catawba varieties. Tied with ribbon in the appropriate shade, a bunch would make a charming favor to lay at the corner of each guest at a woman's luncheon, for instance.

Another popular new candy is known as "squares." This is brightly-colored transparent cubes about the size of a card, and comes in green, pink, yellow, or green. Arranged on a dainty bonbonniere dish, the "squares" make a striking addition to the table scheme.

Delightful, too, for a children's party or for a luncheon where a thriving motif is carried out are taffy candies shaped like tiny cookie shells in different shades.

Date Bread.

Make a sponge with one quart of lukewarm water, half a cake of compressed yeast, a teaspoonful of flour. Set it to rise in a warm place. When quite light and spongy, add one cupful each of sugar and molasses and sufficient flour to make stiff enough to knead. Work in two heaping cupfuls of coarsely chopped dates, knead and set to rise again. When light, mold into loaves, and when risen bake for three-quarters of an hour in a good oven. This makes a delicious bread. Children frequently prefer it to cake, and it is more wholesome for them.

FADS AND FANCIES.

A good way to keep plants moist during the summer is to keep water-soaked papers on the ground about the roots.

Stir the ground often if you want good results from your garden or lawn. It should be done after each rain, or at least once in ten days.

The trunks and the branches of fruit trees, up to the point where foliage commences, ought always to be kept clean; that is, free from moss, loose bark, dirt, crevices, and, of course, pests.

Sell of a rich dark color is generally full of humus from the constant use of animal manures. Lime will release this and make the plant food more assimilable, besides cleansing the ground.

Among the new materials are some lovely new poolings, after and more pliable than the old-time silk. They have, too, a far more silky luster; indeed, they have such a silky appearance, such an exquisite sheen, that they would readily be taken for an all-silk material.

Take lettuce as it comes from garden or store and put in an airtight vessel with a little water in the bottom. Then when you wish to use it you will find many leaves which at first you would have thrown away fresh and crisp. This is much better than putting on ice.

EXCURSIONS.

COLONIAL BEACH, VIRGINIA

Penna. R. R. and Pope's Creek Packet Company.
Union Station, 7:45 A. M.
Arrive Colonial Beach, 11:45 A. M.
Effective May 23, 1910.
H. B. OWEN, Manager.

EXCURSIONS.

CHESAPEAKE BEACH

Ideal Place to Spend the 4th

All Amusements. Mammoth Boardwalk.
Excellent Hotels and Cafes.
Shady Grove. Music. Free Dancing.

UNEXCELLED SALTWATER BATHING.

FARE—ROUND TRIP:

Sundays and Holidays 50c
All Other Days 25c

Via Chesapeake Beach Ry.
For Train Schedule See R. R. Columns.
For Additional Information, Telephone Lincoln 1629.

LOW ROUND TRIP RATES

TO CALIFORNIA AND PHOENIX, ARIZONA

Washington-Sunset Route.
Personally Conducted Tourist Sleeping Cars
Without Change, Four Times Weekly, to Los Angeles and San Francisco.

BERTH, \$9.00.
High-class Standard Drawing-room and Compartment Sleeping Cars,
Club and Library Observation Cars. Dining Cars Supplied from Best Markets of the World.

Mail S. S. Co., Toyo Kisen Kaisha S. S. Co., Rates and Steamers
Reservation, Japan, China, the Philippines, Around the World.

A. J. POSTON, General Agent, 705 15th Street N. W.,
505 F Street N. W.

4th July Excursions

Annapolis, Chesapeake Bay, West River and return, coolest and only short sea-trip from Washington, July 4, 10:46 a. m.—July 4, 5:55 a. m., and daily, except Tuesdays and Thursdays, throughout summer \$1.00

Atlantic City, and return, good for 15 days, via Erieon Line, day and night; steam from Baltimore; Chesapeake Bay and Chesapeake and Delaware Canal \$5.25

Cape May and return, same route, 15 days \$5.50

Pen-Mar Park, in Blue Ridge Mountains, daily, 6:30 a. m.; round trip for day \$2.00

Seashore tickets to Ocean City, Md., and Rehoboth Beach, Del., sold Saturdays, good returning Mondays \$3.60

Tolchester Beach, Betterton, Port Deposit, Love Point Pier, and Claiborne; one day excursion tickets \$1.50

Washington, Baltimore and Annapolis Electric Railway, 1424 New York Ave.

Norfolk & Washington Steamboat Co. BY SEA

TO One way. Return.

NEW YORK \$3.75 \$15

BOSTON \$15.00 \$25

Including Breakfast and Meals from Norfolk.

Special Rate Sats. to Norfolk and Old Point, \$3.50 Round Trip.

Also SPECIAL WEEK-END TOURS, including Accommodations at Chamberlain Hotel.

CITY TICKET OFFICE, 720 14th st. Bond Bldg., 10th & N. Y. ave. Phone Main 1020.

EXTRA FOR "THE 4th"

CHEVY CHASE LAKE

Full Section of U. S. MARINE BAND AT DANCING PAVILION from 2 to 5 p. m. CONCERT AND DANCING in the Evening Also.

All Pioneers Facilities—plenty of spring water—adequate car service.

Admission Free

Spend July Fourth AT COLONIAL BEACH

On the Historic Potomac. Fishing, Crabbing, and Salt Water Bathing.

The Most Popular Resort—Washington's Atlantic City. Large Hotels, with First-class Accommodations. Regular schedule: Steamer every day, except Monday, at 9 a. m.; Saturday, 6 p. m.

Special steamer Saturday evening, July 2, at 2:30 p. m., and Monday morning, July 4, at 9 a. m.

Foot of Seventh street southwest.

THE COLONIAL BEACH COMPANY.

Phone Main 911.

Steamer Macalester

FOR MARSHALL HALL